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Schooled

Magazine

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SCOOTERS

How nice would it be to roll up to campus without having to scour the acres and acres of asphalt to find a place to park? Riding up on your scooter is a great way to park right next to the entrance of school and avoid the campus parking lot games. Scooters have gained popularity over the past few years among college students because scooters average 80 miles to the gallon. Commuting to campus just got cheaper if you do mostly city driving back and forth from school, work and your apartment.

Boardwalk Scooter Shop in Provo opened up shop in July 2008, just when gas prices were reaching their highest. Business has been booming ever since. Ben Blackburn, owner of Boardwalk, said that scooters are a great option for students because you cut down gas costs significantly. Ben opened the shop in hopes of making it easier for people in Provo to own a scooter. Boardwalk offers low prices on oil changes and matches competitors' prices on similar models. "We are trying to be the highest quality, for the lowest price," Ben said.

So far, the most popular models available at Boardwalk are the Sicily, priced around \$1,000, and the Capri, priced around \$1,200. Boardwalk also offers seasonal deals that are posted on their Web site, www.BoardwalkScooterShop.com. Ben estimates that if a student is using the scooter for short distance commuting, the driver saves an average of \$50-\$100 on gas per month.

Besides gas, why else are scooters a good idea? "Scooters are 50 percent a fun factor and 50 percent a savings factor," Ben said. One thing is definitely certain about owning a scooter: it is fun. Utah Valley University student Kelsie Monsen recently purchased a scooter to ride to school. What she likes about having a scooter is the convenient parking and the cheap gas. Scooters come in all different models

and colors if you're looking to impress those fellow classmates on your way to school.

Remember safety while riding your scooter. Depending on the model of scooter, you can get going pretty fast. Wear a helmet every time you ride, and make sure to wear protective clothing and follow traffic laws.

By Jennie Nicholls



Looking for a way to save the planet? The answer may be your couch.

Not recycling it, exactly, but doing what many students in Utah County are doing--freecycling. Before you take your well-loved college special to the dump, check

out the listings on www.freecycle.org. The website matches those with unwanted items with people who need them, avoiding the landfill in the process. So you can give your couch a second (or third or seventh) chance at life, and it won't cost you a penny.

From couches to clothing to Mr. Potato Head, the listings are worth a look. The website encourages members to offer items as well as receive them, and the freecycle community's steady growth in this area is truly impressive. For information about the Provo/Orem area chapter, visit <http://groups.yahoo.com/group/ProvoUTFreecycle/>.

Boutique Review

Umbrella proudly supports the Downtown Gallery Stroll and has various funky pieces of art hanging throughout the boutique.

The Black Chandelier

Goth fashion finds itself located in quite an interesting place in pop culture. The outlandish, weird and quirky styles are all too often overlooked. Luckily, Provo has gotten a little taste. The Black Chandelier adds a little sass to the Utah Valley clothing scene. Having a nice niche in the ever trendy Riverwoods complex, Black Chandelier is the product of avant garde fashion designer Jared Gold, whose creations have appeared on the runways of LA Fashion Week as well as in the pages of multiple magazines.

Gold's unwholesome creations are random, yet fantastic. T-shirts and skirts are adorned with odd creature drawings and vivid colors for the shop's women's line. The men's collection incorporates raw edges and equally odd screen prints on hoodies and t-shirts. Black Chandelier also carries a children's line with Addams Family-esque dresses for the little ones.

Gold appeared on America's Next Top Model during its sixth season as a guest judge and lent his now-infamous "Roach Brooch," a hissing cockroach adorned in jewels, for the models to wear down the runway.

By Jennie Nicholls

Coal Umbrella

Vintage clothing has always been a favorite for the average college student. Finding that great steal at the DI or Savers has become the clothing connoisseur's favorite pastime.

Provo struck vintage gold when Coal Umbrella opened up on University Avenue last year.

The store offers a unique setting going from room to room, men's to women's, vinyl records to art. Walking into Coal Umbrella feels like your grandmother's attic and finding treasures that could have only come from the not-so-distant past.

Brightly colored, genuinely vintage (that means 'used' for you Vintage beginners) dresses and bags decorate the women's rooms along with feather earrings and other funky accessories.

The men's rooms have authentic Wrangler jeans with vintage t-shirts to complement. Finishing off the men's looks are some old-school cowboy boots and belt buckles.

The store's aura is reminiscent of a welcoming house, with lots of natural light and the dusty smell of an attic.

Coal Umbrella also has a plush collection of vinyl albums for sale. No question, music influences fashion, and Coal Umbrella has completely embraced the philosophy.

Not only is music supported in the store, but also art. Coal





Music Review Turn Up The Volume

By Jennie Nicholls

Everyone goes through a stage where they only listen to 'local' music and try to fit into the 'scene' by dressing badly and writing even worse poetry. But aside from the stereotypical phases we all seem to pass through, local music in Provo is always readily available. Hipsters from around the valley line up on Friday nights to listen to their friends' band play

in the carousel-themed venue, Velour. Nothing says rock'n'roll like stained-glass windows and hanging carousel horses. All joking aside, Velour gives local bands the gift of a stage to perform their music, and that is nothing short of cool. Also catching some bigger names traveling on tour, Velour hosts some up-and-coming indie bands. On Monday nights, Velour

features improv musical theater shows.

When talking about Provo's music scene, Muse Music is bound to be a part of the conversation. Muse is also a spot for local bands to get their start and get the word out about their music. Located just north of Velour, Muse Music also has themed nights, including acoustics, jazz, and all forms of rock. If young bands are looking to record their music, Muse also has a recording studio that can be rented out. After you have the CD recorded, you may even be able to sell your music at Muse, where local music CDs and vinyls are sold.

Both venues have Myspace pages and web pages where more information is available. Check them out for calendars of upcoming events and links to featured bands.

For more information please visit www.velourlive.com and www.musemusiconline.com.



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An early 20th-century trolley car, weathered and rusted (the ticket booth), sets the ambiance in the empty field that will be the Grove entrance. The swamp ride through cattails and over 12 feet of water in amphibious vehicles will head off to the left. The bonfire pit: fortune teller's tee-pee: bat flight (zip line): and live band stage will each be added later in an equally creepy tone.

I spent the better part of an hour riding through the Dreaded Grove's haunted trial on a four wheeler. As far as I'm concerned

that is the best way to do it – I wouldn't want to be caught in one place for too long. One of the Dreaded Grove's creators, Christian Troy, described the horrific scenes that await travelers through the Grove; the thought of even one made me jump at every snap and crack.

These scenarios feed on the realization of every 'what if' question you've ever had- scenes that give merit to the joke "We sell Depends at our concession stand," written on their web site. "We had about three women one night that wet their pants," Troy said. "Maybe five guys over all."

This talent for the frightening, this horror that is the artistic

genius of the Dreaded Grove creators, will all be used for a greater good. Troy and about five of his friends wanted to do something fun that was for charity, and they created the Dreaded Grove last year.

All the proceeds go to a Utah-based charity called Rocky Mountain Candlelighters that helps to enhance the lives of children with cancer and their families.

October 4 the Grove has a special night for children battling cancer and their families. Last year 169 families participated in the event; this year the Grove expects over 300.

By Amy West

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What's on this fall?

By Chelsea A. Pyle

New Shows:

90210: Many networks are harvesting past successes to beef up ratings, but *90210*? You've got to be kidding me! Apparently we shouldn't be calling this a remake, but rather a spinoff. So it's their kids? Past alums are sure to be in attendance. Still, I really like what IMDbTV had to say about this: "The pilot has aired, the reviews are in, and if we were to sum up our collective feelings with one word it would be 'Eh.'" Series begins September 4 on CW.

Fringe: One part *Alias*, and two parts *The X-Files*, this show from *Lost* creator J.J. Abrams proves to be more or less mind blowing, right? Still, rumors that the plot starts out slow may push away potential fans who can't take anymore puzzling mystery. Even so, I think it's nice to see Joshua Jackson back on TV. Here's hoping the show is successful for his sake. The mystery begins September 9 on Fox.

Knight Rider: NBC (and Ford) is putting a lot into revamping this 80's classic. I know we've seen a talking horse as a title character before, but a talking car? And a snooty one at that? I just don't think the American public is quite ready for this. KITT's supporting players will really have to make the difference if this show is to be successful. Tune in September 24 on NBC to find out.

The Mentalist: Simon Baker of *Guardian* fame returns to CBS as a celebrity psychic-turned-detective. Yeah, that description has me worried too. And there are the obvious similarities to USA's *Psych* minus the funny. Still, it's been getting some pretty positive vibes, so we'll see. The show premieres on September 23 on CBS.

True Blood: *Twilight* fans look out! Based on a hit novel series from author Charlaine Harris, this show features vampires who can live among humans because of a synthetic blood supplement invented by the Japanese. Critics are going wild over this comedy/mystery helmed by the great Alan Ball. We'll see what viewers think. The show begins September 7 on HBO.

Returning Shows:

Bones: Zack Addy, the loveable geek foil of Bones' forensic team, has left for the greener pastures of padded cells after committing a murder aiding a cannibal. Yeah weird. The new season promises some *House*-like auditions for a new member of the team. Oh, and writers have assured viewers that Booth and Bones will end up in bed together. Let's hope that's not just tongue-in-cheek because this thinly veiled flirtation is killing me! Season premieres September 3 on Fox.

Chuck: Our loveable leader of the Nerd Herd is back, but for how long? The season finale showed us that the "powers that be" are ready to pull Chuck out of his comfortable niche with sister Ellie and her finance best known as Captain Awesome, and into a solitary existence in a padded cell. Suck. What's really frightening is the prospect of the new Intersect being completed, forcing Casey to off our fearless leader. Can Casey really kill Chuck? Show begins September 29 on NBC.

CSI: It's so sad for *CSI* fans that series regular William Petersen is leaving the show. Still, we have Laurence Fishburne to fill the gap. I cannot wait to see him in action as a "pathologist-turned-college professor with criminal tendencies of his own." His character premieres in episode nine of the new season. The show begins October 9 on CBS.

Grey's Anatomy: The doctor is in! With Meredith and Derek's constant on/off relationship, let's hope they stay together at least for a little while. These hospital corridors are always ripe with drama. Jeffrey Dean Morgan returns as departed Denny to plague Izzie in her dreams, sparking rumors that Miss Heigl may not last long at Seattle Grace. Starts September 25 on ABC.

Heroes: Who knew a genre show could be so big? The last season was a bit jumbled considering the writer's strike. At Comic-Con in

July, part of the season opener was screened to an overwhelmingly positive response. Many guest stars will be hopping in to our Heroes world to stir up trouble. Season Three begins September 22 on NBC.

House: Big conflict for the new season: how will House and Wilson's bromance survive the death of Wilson's girlfriend? You can certainly expect more of the same medical mysteries solved with snark and aplomb. Starts Sept 16 on Fox.

The Office: Yes, there is a spinoff show coming next year, but don't panic! Dunder Mifflin is in no danger of downsizing. The real question is, what is Pam going to do about Toby's admission? When will Jim find the right moment to finally pop the big question? Is it possible to mentally erase the image of Dwight and Angela doing the nasty? I guess that's three big questions. We'll get our answers soon. The show begins September 25 on NBC.



Top 12 Summer Blockbuster Winners and Losers

TOP WINNERS:

6. Kung Fu Panda: Don't you just love animated movies that have substance for both kids and adults? Sca-doosh!

5. Wall - E: In Whether you think it's plastered with political commentary or not, in the terms of box office returns, *Wall-E* spells yet another success for Pixar.

4. Hancock: Not the greatest of movies, but this film will perhaps go down in history as the best example of the fact that Will Smith can do absolutely anything and come out on top.

3. Indiana Jones: In terms of box office earnings, this is a winner. In terms of hackneyed story telling, this is a loser. I'm pointing the finger at you, George Lucas.

2. Iron Man: Violence without blood. Snark without crudity. An unlikely superhero, an unlikely lead actor, and an exciting new franchise is born.

1. The Dark Knight: Superbly acted with nuanced story telling, I think critics and spectators alike have exhausted hyperboles to expound this film's awesomeness. I can't wait to see what happens come awards season!

TOP LOSERS

6. Don't Mess with the Zohan: "An Israeli Special Forces Soldier fakes his death so he can re-emerge in New York City as a hair stylist." How did he even get funding to make this movie with a pitch like that?

5. Made Of Honor: Does anyone remember this bromance? No? Well that's probably because it came out the same weekend as *Iron Man*. Need I say more?

4. Space Chimps: With the success of *Wall-E* and *Kung Fu Panda*, this animated tale didn't stand a chance.

3. The Love Guru: When viewers prefer you as a big green animated ogre, it's time to reevaluate your career choices.

2. The X-Files: I Want to Believe: And so did many others- want to believe that is. Alas, we just couldn't. Maybe we'll believe in the DVD. Who knows?

1. Speed Racer: I think the Wachowski brothers of *Matrix* fame learned a valuable lesson from this box office bomb. Sometimes, less is more.



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In case you hadn't heard, we're going to be voting for a new President come November. There has been a lot of hubbub about it – especially over the summer. So let's get you up to speed, starting with the basics.

Republican (n.) – an individual who wants to lower taxes so he can hoard his money and buy several houses; doesn't want to make decisions for himself so he lets the government decide what is morally right and wrong; owns a gun. See also: Grand Old Party (G.O.P); Red

Democrat (n.) – an individual who wants to raise taxes to fund more government programs – such as Medicare and Social Security – so poor people can live off the hard work of others; supports “individual's rights” as a way of justifying doing whatever he wants without any legal consequences; eats arugula. See also: Minorities; Blue

Conservative (adj.) – tending to uphold traditional (usually Christian) values and existing views; wanting to force those views upon others, usually at gunpoint. Also: Right-wing

Liberal (adj.) – tending to support reform and progress; wanting to destroy everything that makes America great. Also: Left-wing

Now for the candidates:

Barack Obama is a senator from Illinois who is the first (half) black man to be nominated for president. He has as much experience being a senator as Robert Downey Jr.

does being sober. (I'm Barack. Hi, Barack. I've been a senator for three and a half years now.) During a hard-fought primary against Sen. Hillary Clinton, Obama proved that the country was more sexist than it is racist. His slogan is “Change we can believe in.”

He selected Sen. Joe Biden as his vice presidential running mate – who has been a senator for nearly 35 years, is a known Christian, and is white. When announcing his pick, Obama (romantically?) said, “He's everything I'm not.”

John McCain has been in the senate for 113 years. He is older than the microwave oven, the slinky and the ten commandments. He was a P.O.W. in Vietnam; this automatically qualifies him to be President, which must be why he reminds everyone of that fact every five minutes.

McCain selected Governor Sarah Palin as his running mate. Palin has been the governor of Alaska for almost two years now and has more “executive experience”(whatever that means) than Obama, Biden and McCain combined. She's incredibly conservative and equally insane, and was only selected by McCain in hopes to win over all those miffed Hillary supporters – those who claim “sexism” was the reason Hillary didn't get the Democratic nomination – who don't really care about politics, just that a woman is in the White House.

It turns out Gov. Mitt Romney was seriously being considered as McCain's vice president instead of Palin. So any Mormons who are disappointed Romney didn't get picked should vote for Obama in order to spite McCain.

The Libertarians nominated former member of the House of Representatives Bob Barr, but you don't really need to know that.

If you're wondering whom you should vote for, there are a few things to take into consideration. One, of course, is how lazy you are. If you're not from Utah, it's going to take a lot of work to get an absentee ballot so you can cast your vote in your home state. If you're from a state where your vote will matter – a “swing state” – you should probably do this.

If you're from Utah or are a registered voter in Utah, don't bother voting. Throughout its history, Utah has traditionally been a guaranteed five electoral votes for the Republican candidate – and currently accounts for 22 of President Bush's 23 percentage points in his approval rating. In the 1930s, Utah did not hold presidential elections at all, stating it was “a waste of paper.” And from 1952 to 1960, the Democratic nominee did not appear on the ballot due to what was claimed to be “an oddly consistent typographical error.”

So if you live in Utah and want to vote for Obama, don't. The Democratic nominee has never collected more than 2 percent of the popular vote, making Utah redder than Communist Russia.

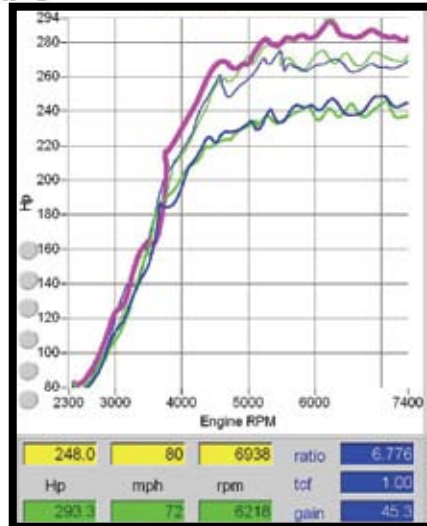
But if you really do want some help selecting a candidate, a good Web site is Votehelp.com. Everything on there should be taken with as much salt as possible, but it does reference its claims and will give you a pretty good indication of which candidate you agree with most. Romney in 2012!

By Scotty Spjut



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Over the next few issues, *Schooled Magazine* and Road Race Engineering (RRE) will take a stock 2008 Mitsubishi Lancer Evolution X and perform some serious modifications to show you what you can do to enhance your vehicle. This issue I hung out with the RRE crew as they modified the performance of the vehicle. **By Russ Taylor**

INTAKE CHALLENGE

When choosing an intake system it is important to consider airflow. The more airflow the engine receives the better it will run. To find the best intake system for the Evo X, we wanted to compare three different systems to see what would give the best gain. With the three systems- the stock intake, Injen Cold Air and AEM Cold Air Intake- *Schooled* headed to Road Race Engineering (RRE) located in Santa Fe Springs, California to get the dyno results on which system would give the best performance gains. The dyno is a system that measures horsepower (WHP) of the vehicle.

I met up with Mike Welch, the master tuner at RRE, who has been tuning Mitsubishi vehicles for over 12 years. He was the perfect person to handle the intake challenge for the Evo X.

We started with the dyno run to find the base numbers to compare against. The dyno placed 248 WHP with no modifications done to the vehicle with the stock intake system installed. Now that we had a baseline to judge by, we were then able to compare the two intake systems.

We started with the Injen (www.injen.com), and the results were depressing. There was only a 2 WHP gain. Considering that the unit retails at over \$400, this was definitely not a very good bang for the buck.

We then tried the AEM intake (www.aempower.com) which increased the vehicle with a power gain of 26 WHP. With the cost of the intake at \$285, this was a huge gain for a low price. AEM's engineers took a different approach and designed a power-producing enclosed airbox. The airbox is constructed from cross-linked polythene. AEM's revolutionary DRYFLOW synthetic performance air filter is the first

cleanable, reusable performance air filter that does not require oiling to filter and trap dirt.

Even though the Injen unit looks considerably nicer with polished pipes than the AEM intake, the 26 WHP gains made our choice obvious- to go with AEM for the project.

CUSTOM FABRICATED EXHAUST BY RRE

To help with the airflow for the vehicle, RRE made a custom fabricated exhaust system. Art Thavilyaei, one of the RRE crew, pieced together what later would become a custom fabricated dual exhaust system.

RRE decided to use 2.5-inch piping, and the process was amazing to watch. They start by removing the stock exhaust system. A jig is used to hold the new piping in place as measurements are taken and airflow is considered. Once each piece is measured, it is then cut, ground, and welded in place with the use of the jig. Each bend and weld in the exhaust system potentially decreases the amount of airflow from the engine. Art took his time to ensure that the end product would produce the greatest amount of airflow from the vehicle.

After several labor-intensive hours, Art finished with the placement of the exhaust system only to have to remove the entire exhaust to perform the finishing welds. He completed the welds to perfection, and he placed the finished exhaust on the EVO X. Mike ran the car on the dyno and saw a 17 WHP gain over the stock exhaust. The total cost for the exhaust system like this from RRE is \$650. It gives the vehicle solid power gains and sounds a lot nicer.

With the AEM Cold Air Intake and the custom fabricated exhaust by RRE, we saw a total 45 WHP increase on the vehicle.

"The best bang for the buck is the intake and exhaust," says Mike. With a total of 45 WHP gain, *Schooled Magazine* would have to agree.

In the next issue Mike will perform a custom tune and will add some additional performance parts to get the most gains possible out of the Evo X. You don't want to miss the next issue of *Schooled*!



dating versus hanging out: the age-old battle rages on

To get us started let's lay down a few ground rules. What is dating? If someone asks you out for lunch, is that a date? You hang out together everyday, sometimes with groups sometimes without, but there's been no lip action- are you dating? I really like this definition found on About.com: "A date refers to an activity two people share together with the intention of getting to know each other on a potentially romantic level." Thus by extension, dating is "two people who have shared several dates together and have made it clear to one another they are interested in more than just a friendship."

Okay, great. Now, what is hanging out? A guy on Yahoo Answers bravely asked this question pointedly at women. Best answer chosen: "You don't feel as pressured, like it was a date, and you aren't really leading him on, if you don't like him...if you say yeah it's a date, then it seems like you automatically like the guy and the guy likes you. If I was to hang out with a guy, usually it means I just want to be friends." The guy's answer back: "You're probably right, but girl's shouldn't have to feel pressured: date or just hanging out."

This perhaps displays the naïveté of some guys who feel that no matter what, hanging out or dating, it's all fun and non-pressure-filled. Yeah, well the truth of the matter is, pressure exists and it's often difficult to relax in potential relationship situations. It's hard for many girls not to sit there and analyze intentions behind actions, looks, words, etc.

There can be benefits to hanging out-if and only if- your intentions and goals are clear. It's all about atmosphere, people. Clearly telecast casualness if that's all you want. If you don't want casualness, but rather dating and commitment, don't perpetuate the habit. Seriously, if you would rather meet others who are interested in the same goals you are, don't just continually hang out if that's not what you want.

What we need to learn is honesty. Create the right atmosphere by making your intentions clear. It's as simple as that ladies and

gentlemen. If a guy likes you and asks you out, but you don't like him, make it clear. Let him down nicely, but say you would love to get to know him better or just be friends. If you don't even want to be friends, once again, let him down nicely, but say so. Guys, if you like a girl, ask her out. That action alone will forecast your intentions. Honesty, not calculated hidden signals, is the best policy on both ends.

The flirtation game is all well and good, but it will profit you nothing if nothing ever comes of it. Sorry for the redundancy there, but you know what I mean. Don't continually be cool and coy because guess what? People are not always that great at interpreting those unspoken signals. If you want to know where a relationship stands, ask. The dreaded DTR talk. I know that can be hard. Believe me, I realize how unnerving it is to lay open your vulnerability, but save yourself the angst, the midnight walks, the pints of Haagen Dazs, and just let yourself be honest with others. It really creates less stress in the long run.

Additionally, always allow for the potential of something more. I think that's perhaps the one thing I'd stress more than anything else. Be open to the possibility of deepening any relationship whether it's a deeper friendship—or something further. My husband did not stand a chance until I let myself believe that our relationship could be significant. Don't cut yourself off from opportunities just because your first impression of someone wasn't promising. Where would Darcy and Elizabeth be if they'd stuck to their first impressions? I know that's not real life, but, hey, you can still learn from it.

While those romantic comedies can't teach you anything about life and love, they can teach you one thing about relationships. Notice how nothing ever happens until people are truly honest with themselves and with each other. Then, cue the sappy soundtrack, everyone lives happily ever after. Lesson learned: creating the right atmosphere by making your intentions clear can help you craft your own real-life romance.

By Chelsea A. Pyle

Total Breakup Clichés

By Kristen Plumb

Breakups always seem to follow the same script. They start with the tears, followed by the protest ("You're so great, really, but..."), and go straight to the promises. If you've been on the receiving end of any of these bad breakup clichés, it's time to know the truth.

They Say: "It's not you, it's me."

They Mean: "It's you."

It really is you, but it's not really your fault. You're just not quite what they were looking for. Even though it's the most annoying breakup cliché of all time, it's actually a pretty flattering one. If he or she is taking all the blame in the split, it's a show of respect.

They Say: "I'm just so busy these days."

They Mean: "I don't care about you enough."

This really means that he or she is just not into you more than that they are into their other daily things. They don't know how to commit to a relationship. He or she may be in fact busy, but the simple truth is that you are not important enough to be fit into their schedule.

They Say: "I need space."

They Mean: "I am freaking out."

This is the one you'll hear if you're spending a little too much time together or if things seem to be moving a little fast. Because falling in love means losing a little control, some people freak out a little bit at the loss of independence. They need time to themselves to evaluate their situations and what they really want in life. They might also want to try dating others- and if that doesn't work and they realize they need you, they will come back.

They Say: "I can't give you what you need."

They Mean: "I don't want to."

If he or she really wanted to be with you, there's probably a way to make whatever you need happen. Rather than make the necessary sacrifices, they would let you think their problems are so unfixable that you should just move on.

They Say: "I love you, but I'm not in love with you."

They Mean: "I'm not attracted to you anymore."

The distinction between "loving" and being "in love" doesn't make getting dumped less painful, but the person is genuinely trying to avoid hurting your feelings.



feature

The Spork

Great Invention? Or Greatest Invention?

By Scotty Spjut

Jerry Seinfeld had an old stand-up bit he did about respecting Chinese people because they use chopsticks. It went something like this:

"I'll tell you what I like about Chinese people. They're hanging in there with the chopsticks. You know they've seen the fork. They're staying with the sticks. I don't know how they missed it. Going out all day on the farm with a shovel. Come on. Shovel. Spoon. You're not plowing 50 acres with a couple of pool cues."

Disregarding the fact that Jerry Seinfeld is a horrible actor, his hit show was about nothing, and he looks like a bowl of oatmeal, he does have a point. The spoon is a basic object, fundamental to society. It is an important utensil that has been around for centuries (not just the noun, but the verb, I might add). One would think it was impossible to improve such an elementary item. Surely any alteration of the spoon would diminish its value and effectiveness! But this is not so. The significance of the spoon is dwarfed by a

relatively recent, yet still monumental, development in the cutlery world.

The Spork.

Patents for this utensil of utensils date back to the late 1800's, with the word "spork" being coined at the turn of the century and then trademarked in the 50s. Its popularity has increased over the years, with countless variations in countries all over the world.

But my intention is not to bore you with details of the making of this modern miracle, but to expand upon its grandeur. If you want to fully grasp the impact of the spork, read on my dear friend. Read on.

Never before in the history of man have two objects in such stark contrast been blended so well with each other. Not only in functionality but also in name. The word "spork" – a perfect blend of "spoon" and "fork" – flows so effortlessly off the tongue, it is obviously the utensil of the gods. Anyone who has been camping or to KFC (or in prison) has experienced this wonderful hybrid of use - able to scoop up the last drops of soup, as well as to stab those delicious meats and vegetables. There is no need for other eating implements. Throw out your forks! Dispose of your spoons! Melt down your knives and sell them as scrap!

In recent years, others have been inspired by the spork and attempted to create similar combinations of otherwise incompatible objects. Not just in the food world – with the spife and the splayd – but in popular culture and everyday life. And while they were well-intentioned efforts, success evaded.

A camera phone becomes a camera that takes lousy pictures and a phone that doesn't work properly. The WNBA – combining two things that, in and of themselves, are fine – results in a slow-paced, sissy, cry fest. Brangelina – who individually were at the tops of their games – have become a subservient husband and a homewrecker, respectively.

No, not since that perfect union of left- and right-handed utensils has any amount of synergy been found. Attempts have been made but almost certainly never duplicated. Sporks are our future. And what does that future hold? What attempts will there be to improve upon the spork? Perhaps a new reality show, *America's Next Top Spork*. Or maybe Apple Inc. will make an iSpork; everyone knows that by putting an "i" in front of something, it's bound to catch on.

So, I suppose the only question left to answer is: The Spork. Great invention? Or greatest invention?



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Recession-Proof Yourself

By Deborah Barlow-Taylor

With gas prices going up and down, issues with our stock market, the weakening US dollar, and the government bailing out AIG, you have to wonder: is the recession coming? Is it already here? It all depends on who you ask, and it seems that everyone has a different opinion on it. For me, the word sends chills up my spine. Whether it's real or not, it feels real, which means now is the time to prepare for the challenges that lie ahead and get your personal economy in order.

Pay off credit card debt. If it means not eating out for lunch every day, save as much as you can to pay off those running balances on your credit cards. It's people who have debt that are more vulnerable and don't have as many options when times are tough. So if you can, start putting a little more towards each bill until the running balance disappears. But remember, it's also important to save and have a little in your bank, so if you can balance paying off your credit card debt and saving for the future, you'll be ahead of the game.

If you're a lucky student who has a mortgage, the number one essential is to **get a fixed rate of interest**. Mortgage rates recently dropped to their lowest levels in nearly four years. If you have more than 6 percent on a fixed mortgage, look for refinancing.

Create an umbrella. As a student it's not always easy to **create a rainy-day fund**, but if you can, try to save up enough money that would pay off your bills for three

to six months. Weekly, try to save 10 percent of your paycheck. I know that sounds like a lot, but start with 5 percent or even 1 percent and build it up. Deposit the money in your savings account. Remember, you'll never miss what you don't see in the first place.

Get rid of the nonessential things like cable TV, eating out, gym membership and entertainment.

Cut your variable expenses. You can't cut off your utilities, stop eating or give up driving, but you can reduce the cost of the food, energy and fuel you buy. Opt for the cheapest food store and the cheapest gas. Turn out the lights when you don't use them.

Carpool to school. If you have a roommate or someone in your building that goes to school at the same time as you, set up a carpool! Save gas and possibly the headache of finding a parking spot.

Clean out your cupboards and closets. Identify things that you haven't used for the past six months. **Turn what you don't need into cash** on a website like eBay or Craigslist.org, or hold a yard sale.

Adjust withholdings on your paychecks. Go to irs.gov to make sure you aren't having too much or too little income tax withheld from your pay.

Increase your income. Get a second job or work more hours at your current one. Get creative by making money doing things you already love to do, like babysitting or car detailing.

Save Your Money

Free Things to Do in the Valley

By Jennie Nicholls

Let's admit it: college makes you cheap. Even if you were born with an expensive taste, after awhile of being on your own, nothing tastes better than getting a good deal. With that in mind, what could be a better deal than free?

Surprise, surprise, there are actually quite a few fun things to do around here that will not cost you even one pretty penny. Sure, you can do the typical 'get ice cream and go to a movie' on a Friday night, but that is going to set you back at least \$10. So why not try out some of these no-charge activities for a change?

Check out the Downtown Provo Gallery Stroll. See artwork from the galleries in Provo every first Friday of the month from 6-9 PM from September to May. These Fridays are filled with live music and refreshments. Head to Center Street in Provo to check it out; it's free and will help to make you that much more refined.

A good rule of thumb for freebies is to take advantage of the season. Depending on the weather, there are always things you can do to get out of the house and into the elements. This winter try taking a sled out and reliving

your childhood dreams of hitting up the biggest hill, but this time have the guts to go down.

When we have a warm day, hit the canyon. Try longboarding on the paved trail, or experience hiking up the waterfall at Bridal Veil Falls, which can be as fun or as romantic as you make it.

Or if you want to stay closer to campus, visit the trails by the Riverwoods. A nice walk, hand-in-hand with that special someone on the path along the river, is always a lovely way to end an evening— all for free.

Last but not least, start a bonfire at Utah Lake. Get a group of friends together and start a bonfire down by the lake with pallets you find thrown out by businesses. It's a good way to meet people because once there is a fire, everyone knows about it. But do not attempt to do stunts with the fire, such as fire jumping or throwing explosives into the flames. You will probably end up in the hospital, which in no way will be free.

For the cheapskate in all of us, let this list inspire you to create new free things to do, or at least give you alternatives to save yourself some precious money.



3 Tips to make you indispensable at your job.

1. Improve your value. Even if you believe it's not particularly noticed or appreciated, find ways to do more than what is expected and make yourself more available to your employer. Always keep in mind how you can go the extra mile.

2. Project positivity. People who bring in negativity to work and then use it to stir the rumors are more likely to wind up on the "to go" list. Start thinking like your employer, then become the employee that they dream about.

3. Be a team player. Commit yourself to being cooperative, flexible and willing to go the extra mile. If you are a joy to be around because you encourage others and make them feel good about who they are, your job security goes up.

Sweet Snacks

By Rachael Cutler

For all those looking for something to curb that sweet craving, here are a few healthy ideas.



1. Microwave Popcorn – Kettle corn will satisfy your sweet tooth, and this can be a great snack if you are careful which popcorn you buy. Go with brands that are low-fat or fat-free.

2. Sugar Free Jell-O Chocolate Pudding – I wouldn't recommend this on a daily basis, but it will definitely take away your sweet craving.

3. Fresh Fruit – It is always best to eat fruit in its most natural form. Juices and dried fruit are good, but they sometimes contain additives and are not as nutritious as the whole fruit. If you want a little something cold to hit that sweet tooth, try freezing some grapes!



8 Tiny Tricks For Big Weight Loss

By Kristen Plumb

Want to lose some pounds for the new school year? You need to start by decreasing the amount you are eating, drinking the right fluids, and snacking smart. The following 8 tiny tricks will help you get there. They might not seem like they have a huge effect, but when you add up these changes over a period time, they will translate into a healthier and stronger body.

- 1.** Use a salad plate instead of a dinner plate. It will help you to take smaller portions.
- 2.** Stop mindless snacking. Chew strong-flavored gums like cinnamon while you are cooking or around food. Sneaking a taste of food will be less appealing because of the taste that is already in your mouth.
- 3.** Drink tons of water. Drinking water will fill you up and has been shown to burn calories (yeah!).
- 4.** Buy cut veggies. They cost more, but you are more likely to snack on them rather than less-healthy food. If you're saving money, pick a day during the week where you chop up all of your favorite veggies and put them in bags for quick grabs.
- 5.** Blot your pizza. Use a paper napkin to blot the fat off a pizza slice. There can be teaspoons of fat on your pizza; over a year that is a whole cup of fat you won't eat.
- 6.** Have a power snack prepared. Have power snacks such as beans, nuts, or dried fruits available to you. They will get you through that three o'clock hour during the day when you are falling asleep in class.
- 7.** Think about eating. Eat without doing anything else to enjoy your food more. Don't watch TV, don't read, don't work; only eat and you will become satisfied sooner.
- 8.** Dilute juice. Add some water to your fruit juice to reduce calories.



How To Meet New People

With a new semester and a fresh start, it's the season for meeting new people, and making friends isn't always easy. Here are some tips on how to get a conversation going—and keep it flowing.

>> Next time you're at a gathering, look for an approachable person. In a room of many, you're bound to see one person standing alone.

>>Find something in common with them and the situation. If you're at a party, ask them if they know the host. If you're in class, ask them something about the professor or the homework assignment.

>>Stay on topic for a few minutes. Use verbal cues like "really?" to encourage them to continue.

>>Suggest lunch or another activity outside of the one you've met them in. Be sure to get their number or email so you can set a time to meet.

By Deborah Barlow-Taylor

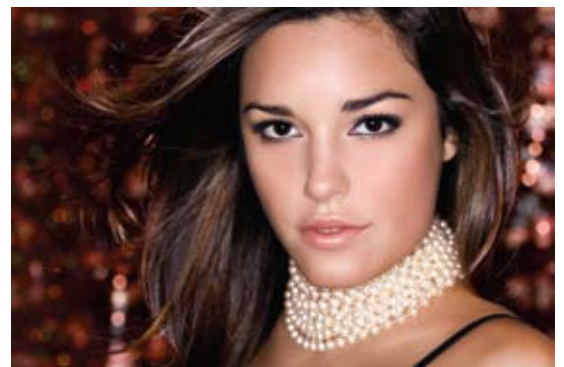
Beauty Tips:

This Fall's Hot Look

By Julia Deaver

Use Eye Shadow as Eye Liner
Line the upper and lower lashes with a pinkish-purple eye shadow and blend well. Using a flat brush, dab the brush in eye shadow and line. For a dramatic look, wet brush first.

Try Gold Eye Shadow
Sweep a light gold shimmer powder or cream shadow below the brow bone and on top of and



below the eye duct for an eye-popping effect.

Soften Pink Lipstick
Smooth on a creamy, soft pink lipstick or use a soft pink gloss to lighten darker shades.

This fall's look is perfect for day or night! Don't be afraid to play with color!

A man and a woman are shown in profile, embracing each other in a garden. The man is on the left, wearing a light blue button-down shirt and dark trousers. The woman is on the right, wearing a light-colored cardigan over a peach-colored top. They are both smiling and looking at each other. The background is a lush garden with green foliage and colorful flowers, creating a soft, bokeh effect.

At these moments...

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